



Santa Clara Senior Center NEWS

March 2015

Tax Assistance

AARP Tax Aide volunteers will be here on Tuesdays and Thursdays through April 14, from 8:30 am - 4:00 pm, to help you with your Year 2014 Federal and State Income Tax Returns. Please note: the volunteers are not trained to prepare tax forms that report business, rental, or partnership income. Please bring the following with you when you come for your appointment:

- Valid photo identification and taxpayer identification number(s) (Social Security Number).
- Birth dates of all individuals to appear on the return
- Bank routing numbers and an account number for direct deposit.
- Copies of your Tax Returns and supporting documents you filed for Year 2013.
- Your W-2 Forms from each employer for Year 2014.
- Your 1099 G Forms for unemployment.
- Your SA-1099 Forms for Social Security received in Year 2014.
- All 1099 Forms (1099 INT, 1099 DIV, 1099-R, 1099 MISC) for Interest, Dividends, Pensions, Annuity, IRA Distributions, and Miscellaneous Income received in Year 2014.
- Your Cost Basis and Acquisition Date for the sale, or exchange, of Stocks, Bonds, etc., in Year 2014, Form 1099-B.
- Your record of withholding and Estimated Tax payments for Year 2014 (Forms 1040-ES and 540 ESS).
- Name and address of landlord to receive State Renter's credit.
- If you plan to Itemize Deductions, please bring a consolidated list of your Year 2014 Medical Expenses, Contributions of cash or goods, Tax Payments, Home Mortgage Interest Payments, and Miscellaneous deductions.

Call the Senior Center office at 408-615-3170 to make an appointment. Appointments are required.

Computer Lab Notice!

It's Tax Season...and the computer lab will be closed Tuesdays and Thursdays through Tuesday, April 14 from 8:30am — 4:00pm. AARP Tax Aide volunteers will be here to help you with your Year 2014 Federal and State Income Tax Returns.

For more information, see the front desk.

Show Your Support for our Health and Wellness Program!

Attend Showtime 2015
"Whodunit in Downtown?" or "A Game of Clue"

Friday, March 6 at 7:00 pm - \$5.00
Saturday, March 7 at 7:00 pm - \$7.00
Sunday, March 8 at 2:00 pm - \$7.00

Santa Clara Community Recreation Center
969 Kiely Blvd., Santa Clara, CA 95051
408-615-3140

Santa Clara Parks and Recreation Department
Santa Clara Senior Center
1303 Fremont St., Santa Clara, CA 95050 - (408) 615-3170
www.santaclaraca.gov/seniorcenter - custservsrcenter@santaclaraca.gov
www.facebook.com/santaclaraparksandrec
Monday-Friday 7:00am—5:00pm - Saturday 9:00am—12:00pm
(all programs and the front office services end 30 minutes prior to the building closure)



SERVICES AVAILABLE AT THE SENIOR CENTER

All numbers are area code 1 (408) unless otherwise noted

	Provider	Phone/Website
Care Management Services Services available by appointment: in-home assessment, connection to community resources, and service coordination. Services available to City of Santa Clara seniors 60+.	Santa Clara Parks & Recreation	1-(408) 615-3170 www.santadaraca.gov
Health and Wellness Services Services available by appointment: health education, healthcare coaching, social engagement, home visits, and blood pressure. Services available on a drop-in basis: blood pressure clinic Thursdays 9:30-11:30am. Services available to City of Santa Clara seniors age 50+.	Santa Clara Parks & Recreation	1-(408) 615-3170 www.santadaraca.gov
Health Insurance & Medicare Counseling (HICAP) Free service available by appointment. Information and assistance on Medicare related issues. Services available to anyone on Medicare.	Sourcewise	1-(408) 615-3170 www.mysourcewise.com
Senior Information and Resources Information, resources, and referral services for seniors at home. Services available to City of Santa Clara seniors at 50+.	Santa Clara Parks & Recreation	1-(408) 615-3170 www.santadaraca.gov
Senior Peer Advocate (SPA) Services available by appointment: information and assistance to connect Santa Clara residents to a variety of community resources, services, and benefits, such as transportation, housing, food, healthcare, caregiving/family support, legal services, and social/educational activities.	Santa Clara Parks & Recreation	1-(408) 615-3170 www.santadaraca.gov
Legal Assistance (SALA) Free legal assistance available by appointment. Services available to Santa Clara County seniors age 60+.	Senior Adult Legal Assistance (SALA)	1-(408) 615-3170 www.sala.org
Dining Out Nutritionally balanced lunch served weekdays 11:30 am. Advance reservation is required. \$3.00 donation. Services available to Santa Clara County seniors age 60+.	Santa Clara Parks & Recreation and Santa Clara County	1-(408) 615-3174 www.santadaraca.gov
Tax Assistance Offered throughout the year.	AARP Volunteers	1-(408) 615-3170
Notary Service Free service by appointment. Signer must be present and provide government issued identification. Services available to Seniors age 50+.	Volunteer	1-(408) 615-3170 www.santadaraca.gov

Discover additional resources for seniors @ www.santadaraca.gov/SeniorCenter or at the Senior Center.

AMERICANS WITH DISABILITIES ACT (ADA) - In accordance with the Americans with Disabilities Act of 1990, the City of Santa Clara Parks and Recreation Department will ensure that all existing facilities will be made accessible to individuals with disabilities. Reasonable modification in policies, procedures, and/or practices will be made as necessary to ensure full and equal access and enjoyment of all programs and activities for all individuals with a disability. In order to allow participation by individuals with severe allergies, environmental illnesses, multiple chemical sensitivity, or related disabilities, **please DO NOT wear scented** products to programs/activities at City facilities. Contact the Santa Clara Senior Center at 1-(408) 615-3170 with accessibility concerns specific to this facility, and the Parks and Recreation office at (408) 615-2260 for accessibility concerns regarding other parks and recreation facilities/programs. For all other ADA questions contact the City Clerk's office at 1-(408) 615-2220.

CLASSES

**Join us for exciting classes that will energize & motivate you
to increase your fitness & activity levels.**

**Seniors of all ages (50 & up) and abilities are encouraged to register!
Please refer to the Recreation Activities Guide for class fees and schedules.**

Fitness for All

Mondays, 9:00 - 9:45 am , and Wednesdays, 10:30 - 11:15 am

Gentle aerobic, toning, and stretching exercise will improve your balance, flexibility, endurance, range of motion, sense of equilibrium, and core muscular strength. Exercises will include chairs for props while sitting or standing. All abilities are welcome. *Instructor—A. Biscardi*

Jazzercise with Jerome!

Mondays and Wednesdays - 7:30 - 8:30 am

This fun, energizing jazz program consists of cardio, strength building, and stretching moves. Modifications to each routine are offered to meet the needs and fitness levels of all participants. *Instructor—J. Flowers*

No Falls S.O.S.

Tuesdays and Thursdays - 11:00 - 11:30 am

Stretch, Observe, & Strengthen your way to decreasing the risk of falling. Focusing on falls prevention, this class aims to improve your balance, sense of equilibrium, flexibility, spatial awareness, and core muscular strength.

Instructor—M. Pozzi

Pilates Mat - Building the Foundation

Tuesdays and Thursdays - 7:30 - 8:30 am

This class will focus on the fundamental principles of Pilates to achieve greater overall body strength and flexibility by concentrating on the physical core. The class will flow in a manner that challenges and adapts to the needs of the participants. *Instructor—J. Russum*

P90X for Active Seniors

Tuesdays and Thursdays - 12:00 - 12:45 pm

P90X is a full-body, strength conditioning class for active adults with healthy joints. The class goes back to the fundamentals, practicing balance, agility, and strength using hand weights. Participants need to be able to move to the floor and back into a standing position easily. Please note this is a high-activity level class. *Instructor—T. Anderson*

Small Group Fitness Training

Tuesdays and Thursdays - 11:00 - 11:55 am, Intermediate Level

Is personal training too expensive or intimidating? Try our small group fitness training! Led by a certified personal trainer, you will be supervised through cardiovascular warm-up, stretching, and led through a small group workout which will include machines, free weights, and assorted fitness equipment.

Instructor—T. Anderson

Tai Chi for Life!

**Tuesdays and Thursdays - 8:45 - 9:45 am, Intermediate level
(Beginner level pre-requisite)**

Tuesdays and Thursdays - 9:45 - 10:45 am, Beginner level

Learn new ways to relax, revitalize, and have fun! Tai Chi is a mindful, internal martial art that flows in gently and slow, whole body movements. Tai Chi promotes health, balance, flexibility, strength, and clarity. *Instructor L. Scheer*

Introduction to Woodworking, #54628

March 16 - 20: Monday, Wednesday, Friday

9:00 am - 1:00 pm

This class is presented in two parts: lecture/demonstrations and construction of your projects. Learn the joy of woodworking and make this a part of your life.

Instructor—T. Freitas

Zumba Gold® with Ginger

Mondays, 10:00 - 10:45 am, and Wednesdays, 9:30 - 10:15 am

Zumba Gold® with Ginger is a Latin dance-inspired workout. Let the music move you in the upbeat, "fitness party." Zumba Gold with Ginger is a low impact, easy-to-follow fitness class that keeps you in the groove of life! *Instructor—G. Wilson*

**Sometimes classes are cancelled
because people wait too long to register.
Please register early to avoid disappointment!**

HEALTH & WELLNESS, CARE MANAGEMENT

National Health Observances are special days, weeks, or months focused on raising awareness about important issues related to health and well-being. **March's observance is Colorectal Cancer Awareness Month.**

With regular screening, colon cancer can be found early when treatment is most effective. **Colorectal cancer** is diagnosed in more than 130,000 people each year in the U.S. alone. In many cases, screening can prevent colon cancer by finding and removing polyps before they become cancerous. Also, if cancer is present, earlier detection means a chance at a longer life. Stop by our Health & Wellness Program table in the lobby on March 25th from 10:00 am to 12:00 pm to learn more about colorectal cancer information and the latest health news. There will be helpful handouts and friendly volunteer nurses to answer your questions.

A Few Good Men (and Women too!)

Fridays, 12:30 - 2:00 pm, Room 205

Let's increase the fun and invite a few good women to join—the more the merrier! Come share stories and laughs, current events, or just compare notes with a lively group who enjoy discussing what's on their minds. No registration is required and participation is free.

Blood Pressure Clinic

Thursdays, 9:30 - 11:30 am, Room 210

Free drop-in blood pressure check by our volunteer nurse every Thursday morning in the Health & Wellness office.

Clutter Free, 10:30 am - 12:00 pm, Room 205

The second and last Thursday of each month

This peer-led support group focuses on new skills and perspectives as we share strategies for managing all our stuff. Please drop in on our next meeting or call Mallory von Kugelgen, Health and Wellness Coordinator at (408) 615-3180, for more information.

NEW! The Feeling Good Support Group

February 3 - March 31, Tuesdays, 3:15 - 4:45 pm, Room 205

Come share in a safe and supportive environment. This is a drop-in support group. You are welcome to attend at anytime.

Senior Peer Advocate (SPA)

Mondays, 10:00 am - 12:00 pm

SPA volunteers provide information and assistance to connect you to all sorts of community resources. SPA appointments are free and available through the Senior Center front desk. Whether you're looking for ways to get more help at home or need information about grab bars, we'll do our best to help.

Transitions:

Mondays, 1:00 - 2:30 pm, Room 205

Feeling lost or overwhelmed? This support group can help you navigate life's changes. This is a drop-in group, and participation is free. Join anytime... you are welcome here.

Wednesday Walk-a-Block

One of the easiest ways to keep your heart healthy is by walking! Join us for Walk-a-Block on Wednesday mornings from 10:00 - 10:30 am. Walkers meet in the front lobby at 10:00 am, and walk for approximately 30 minutes. Bring a friend and join your fellow walkers for some fresh air and exercise.

Winter/Spring Wellness Series:

Classes are held on Tuesdays, from 1:00-2:00pm, in Room 149 (unless otherwise noted).

Pre-registration is required at the front desk or online. Each class costs \$6 with Santa Clara senior discount or \$8 for non-resident. Join us for some interesting discussion and up-to-date information! **Register early! Classes not meeting the enrollment will be canceled one week prior to class date.**

Diabetes: Understand Your Risk - March 10th, Course #55278

The risk of developing Type II diabetes increases as we get older, but it doesn't have to be this way! Learn what your personal risk is, and how you can make some easy changes to reduce or prevent diabetes and improve your overall health.

Instructor: Larisa Polozova, RN, MMS

Spring Clean Your Eating - March 24th, Course #55279

Eating right can sometimes be hard or confusing. In this class we will discuss the latest research in nutrition, obstacles to healthy eating, and easy tips and recipes so you can feel your best. So clean out those cupboards and re-stock with some healthier choices. **Instructor: Wendy Talbert, RN, BSN**

ALWAYS HAPPENING

Ballroom Dancing

Tuesdays and Thursdays, 7:30 - 10:30 pm

(Lessons 6:30 - 7:30 pm. / Dances 7:30 - 10:30 pm)

Dancing is a great way to exercise, socialize, and connect with friends new and old. Dance lessons are free with paid admission. **For the month of March, the Tuesday dance lesson is Foxtrot and the Thursday dance lesson will be Rumba.** Dance lessons change every month. Dances taught include Waltz, Fox Trot, Latin and more. Admission to the dance is \$6 when live bands play and \$5 when hosted by a DJ.

Santa Clara Women's League

Monthly every 2nd Tuesday, 1:00 pm

The Santa Clara Women's League is a service organization which supports the Health and Wellness Program at the Senior Center. Membership flyers are available at the Santa Clara Senior Center. New members are always welcome.

www.santaclarawomensleague.org

Drop-In Crafts

Thursdays, 1:00 - 3:00 pm, Room 149

Engage your brain as well as your creativity. The Santa Clara Senior Center invites you to revisit an old hobby or take up a new one. Here is an opportunity to work on your own self-directed project in the company of others who share your love of crafts. Please do not bring in projects that produce strong fumes. Finishing products are not allowed in the Senior Center. All seniors, age 50+ are welcome.

Welcome Newcomers

Monthly every 3rd Thursday, 10:30 - 11:30 am, Room 205

Join us for an informal yet informative get-together as we introduce you to the activities, programs, and services the Santa Clara Senior Center has to offer. An escorted tour of the 60,000 square foot facility will be available to those interested. Seniors, family members, and caregivers are welcome to attend. No registration is necessary.

Game On!

Santa Clara Parks and Recreation Department invites you to play at the Senior Center. Playing games is a great way to spend time with old friends and meet new friends all while keeping your mind sharp and staying "on top of your game." Most games can accommodate any number of drop-in players. Refer to the table below for more information on a game that interests you.

Game	Day	Time	Location	Contact	Drop Ins
Bingo	Tue Fri	12:15-2:45 pm 12:00-3:00 pm	Multi Purpose Room	Staff, 615-3170	Welcome

Games, Games, Games

Mexican Train, Dominos, Cribbage, and more	Mon, Wed	1:00—3:00 pm	Multi Purpose Room	Staff, 615-3170	Welcome
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Cards Games

Bridge, Intermediate	Mon, Wed, Fri	12:30—3:00 pm	Mezzanine (Multi Purpose Room on 4th Wed.)	Duane, 246-9794	Call first
Bridge, Intermediate	Wed	9:00—11:30 am	Mezzanine	Betty, 248-3952	Call first
Canasta, Pinochle	Tue	12:00—4:00 pm	Mezzanine	Staff, 615-3170	Welcome
Poker	Mon-Fri	7:30—10:00 am	Mezzanine	Staff, 615-3170	Welcome

Active Games

Wii	Mon-Fri Sat	7:00 am—4:30 pm 9:00—11:30 am	Fitness Center	Staff, 615-3170	Welcome
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MARCH SPOTLIGHT *...Did You Know?*



MONDAY	TUESDAY	WEDNESDAY
<p>New Fitness Classes 2 Start at the Beginning of Every Month! Sign up Now for March and April.</p> 	<p>3 AARP Tax Aide service 8:30 am - 4 pm (By Appointment)</p> <p>TGA Tuesday Dance Dance Lessons: 6:30 - 7:30 pm Nob Hill Sounds 7:30 - 10:30 pm</p>	<p>4</p>
<p>9</p>	<p>10 AARP Tax Aide service 8:30 am - 4 pm (By Appointment)</p> <p>Santa Clara Women's League 1:00 pm</p> <p>TGA Tuesday Dance Dance Lessons: 6:30 - 7:30 pm 10th Avenue Band 7:30 - 10:30 pm "St. Patrick's Day" Theme (wear green)</p>	<p>11</p>
<p>16 Introduction to Woodworking 9 am - 1 pm - Course #54628</p>	<p>17 AARP Tax Aide service 8:30 am - 4 pm (By Appointment)</p> <p>TGA Tuesday Dance Dance Lessons: 6:30 - 7:30 pm The Tenor Band 7:30 - 10:30 pm</p>	<p>18 Introduction to Woodworking 9 am - 1 pm - Course #54628</p>
<p>23 Senior Advisory 10:00 am - 2:00 pm Commission Meeting</p>	<p>24 AARP Tax Aide service 8:30 am - 4 pm (By Appointment)</p> <p>TGA Tuesday Dance Dance Lessons: 6:30 - 7:30 pm Steve Edwards, DJ. 7:30 - 10:30 pm</p>	<p>25 Let's Talk Travel 12:30 - 1:00 pm</p>
<p>30</p>	<p>31 AARP Tax Aide service 8:30 am - 4 pm (By Appointment)</p> <p>TGA Tuesday Dance Dance Lessons: 6:30 - 7:30 pm Geri Foley, DJ. 7:30 - 10:30 pm</p>	

MARCH SPOTLIGHT...Did You Know?



THURSDAY	FRIDAY	SATURDAY
<p style="text-align: right;">5</p> <p>AARP Tax Aide service 8:30 am - 4 pm (By Appointment)</p> <p>Thursday Night Dance Dance Lessons: 6:30 - 7:30 pm COLIN DICKIE, D.J. 7:30 - 10:30 pm</p>	<p style="text-align: right;">6</p>	<p style="text-align: right;">7</p> <p>Join us on Saturdays from 9:00 - 11:30am, for billiards, shuffleboard, and darts.</p>
<p style="text-align: right;">12</p> <p>AARP Tax Aide service 8:30 am - 4 pm (By Appointment)</p> <p>Thursday Night Dance Dance Lessons: 6:30 - 7:30 pm LYRATONES, 7:30 - 10:30 pm</p>	<p style="text-align: right;">13</p>	<p style="text-align: right;">14</p>
<p style="text-align: right;">19</p> <p>AARP Tax Aide service 8:30 am - 4 pm (By Appointment)</p> <p>Welcome Newcomers 10:30 - 11:30 am</p> <p>Lunch Meet 12:30 - 1:30 pm - Humane Society Silicon Valley</p> <p>Thursday Night Dance Dance Lessons: 6:30 - 7:30 pm 10th AVENUE BAND, 7:30 - 10:30 pm</p>	<p style="text-align: right;">20</p> <p>Introduction to Woodworking 9 am - 1 pm - Course #54628</p>	<p style="text-align: right;">21</p>
<p style="text-align: right;">26</p> <p>AARP Tax Aide service 8:30 am - 4 pm (By Appointment)</p> <p>Thursday Night Dance Dance Lessons: 6:30 - 7:30 pm JOE FERRARI BAND, 7:30 - 10:30 pm</p>	<p style="text-align: right;">27</p>	<p style="text-align: right;">28</p>

DINING OUT

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Roast Pork w/Applesauce Whole Grain Bread California Blend Vegetables Red Cabbage & Apples Fresh Fruit in Season	3	Beef Stew Cornbread Vegetables in Stew Green Salad w/Tomatoes Tropical Fruit Cup	4	Italian Herbed Chicken Lemon Orzo Brussel Sprouts Cold Black Bean& Corn Salad Fresh Fruit in Season	5	Stuffed Cabbage Roll 🥘 Split Pea Soup Italian Blend Vegetables Romaine Iceberg Salad Pineapple Tidbits	6	Baked Fish w/Tartar Sauce Seasoned Brown Rice Peas & Carrots Broccoli Raisin Salad Fresh Berries in Season
9	Hot Roast Beef w/Gravy Whole Grain Bread Steamed Spinach Whipped Potatoes w/Gravy Tropical Fruit Cup	10	Hot Turkey Sandwich Whole Grain Bread Peas & Carrots Spinach Salad w/Broccoli Fresh Fruit in Season	11	Breaded Baked Fish Seasoned Brown Rice Succotash w/Pimento Garden Salad w/Cranberries Fresh Orange	12	Chicken Parmesan Rotelli Pasta California Blend Vegetables Green Salad w/Tomatoes Fruit Cocktail	13	Cheeseburger w/Condiments Tomato Soup 🥘 Chuckwagon Corn Lettuce, Tomato, Onions Fresh Orange
16	Pork Cutlet w/Gravy Brown Rice Pilaf Malibu Blend vegetables Garden Salad Pineapple Tidbits	17	Corned Beef Rye Bread Cabbage Boiled Potatoes& Carrots Fresh Orange/St. Patrick's Cookie	18	Breaded Beef Steak 🥘 Vegetable Soup Mixed Vegetables Roasted Red Potatoes Fresh Banana	19	Roast Turkey w/Gravy Whole Grain Bread Seasoned Carrots Whipped Potatoes w/Gravy Mandarin Oranges	20	Chicken Milano Fettuccini Pasta Fresh Steamed Broccoli Garden Salad Fresh Fruit in Season
23	Turkey a la King Biscuit Italian Blend Vegetables Romaine Salad w/Broccoli Fresh Fruit in Season	24	Beef Fajitas w/Green Peppers Tortilla Soup 🥘 Tortilla & Spanish Rice Fiesta Garden Salad Tropical Fruit Cup	25	Roasted Quarter Chicken Chili Lime Brown Rice Peas & carrots Marinated Green Bean Salad Mandarin Oranges	26	Fish w/Ginger Sauce Brown Rice Pilaf Asian Blend vegetables Sesame Coleslaw Pineapple Tidbits	27	Roast Beef w/Gravy Whole Grain Bread Steamed Spinach Whipped Potatoes w/Gravy Fresh Orange
30	B.B.Q. Pulled Pork Sandwich Whole Grain Bun Malibu Blend Vegetables Coleslaw Fresh Fruit in Season	31	Breaded Baked Fish Herbed Brown Rice Pilaf California Blend Vegetables Garden Vegetables Salad Chilled Peaches	Alternative Meals are higher in sodium. 🥘					
Week1: B.B.Q.Chicken Salad, Cranberry/Quinoa Salad, Tuna Salad Sandwich, Veg. Wraps 🥘		Week2: Greek Chicken Salad, Veg. Nicoise Salad, Egg Salad Sandwich, Veg. Patty Burger 🥘		Week3: Turkey&Egg Salad, Veg. Cucumber Salad, Turkey Sandwich, Veg. Pita Sandwich 🥘		Week4: Chef Salad, Veg. Cottage Cheese Salad, Chicken Salad Sandwich, Black Bean Burger 🥘		Week5: Chinese Chicken Salad, Pasta Roasted Veg. Salad, Roast Beef Sandwich, Veg. Wraps 🥘	

ALWAYS HAPPENING

Lapidary

Thursdays and Fridays, 9 am - 1 pm

Join the Lapidary drop-in program and learn to cut and polish rocks and begin making beautiful jewelry. A current Registration/Release of Liability Form is required to participate. (There is a participant fee of \$1.00 per day).

Senior Advisory Commission

Meetings: 4th Monday of the month, 10am - 12 pm, Room 232

The Senior Advisory Commission was established to act in an advisory capacity, providing City Council with insight regarding matters pertaining to the senior population in our community. The Commission consists of seven Santa Clara residents, who meet monthly, along with City staff, where information is presented and shared, and recommendations are offered on ways to improve the quality of life of all Santa Clara seniors. Commission members include: Wanda Buck, Dwight Collins, ArLyne Diamond Ph.D., Barbara A. (Bobbi) Estrada, Frank Kadlecek, Sam Orme, and Alice Pivacek.

Meetings are open to the public and agendas are posted in the Senior Center lobby and online at www.santaclaraca.gov. You are welcome to drop in for any of our meetings and join the discussion or share your opinions on matters important to you.

Woodshop

Tuesdays and Thursdays, 8 am - 12 pm

The Woodshop is a great place to work on small projects and repairs. Join others who enjoy woodworking. A woodshop orientation is required. Beginners are welcome. A current Registration/Release of Liability Form is required to participate. (Donations are used to replenish consumable Woodshop supplies).

Billiards/Shuffleboard/Darts

Monday through Friday, 7 am - 4:30 pm, Saturday, 9 - 11:30 am

Come play a "round of pool" with friends. The billiards room at the Senior Center offers everything you need to get the game going. Five standard pool tables covered with Simonis billiards cloth, pool balls, cue sticks, and bridges are available for use on a first-come, first-served basis. The room is also equipped with shuffleboard table and a dart board.

Snack Bar

Monday through Friday 8 am - 4 pm, Saturdays 9 - 11 am

Let's go out to the lobby for a hot dog, sandwich, or soda! Visit our snack bar and enjoy the many goodies we have available.

Computer Lab

Monday - Friday, 7 am - 4:30 pm, Saturday, 9 - 11:30 am

With 13 personal computers, you have access to utilizing Windows 7 and Microsoft 2010. Also available are two laptop internet access ports. Computers are unable to save work so please provide your own storage device. *Check the computer calendar for closures.

Dining Out

Served Monday - Friday, 11:30 am - \$3.00 donation

Call our reservation hot line at (408) 615-3174

Visit with old friends and make new ones while enjoying a nutritionally balanced hot lunch. Menus change throughout the seasons. There is always an option to the hot meal such as meat or vegetarian salads, and sandwiches. Advance reservations are required and are limited. Participants without a confirmed reservation may check with Dining Out staff or volunteers for the availability of stand-by meals. Meals not claimed by 11:45am will be made available to stand-by diners. Services available to Santa Clara County seniors age 60+. Fee for a guest under the age of 60 is \$6.00

Let's Talk Travel

Fourth Wednesday of most months - 12:30 pm, Mezzanine

Share ideas, interact with others who love to travel, and enjoy presentations by tour specialists and staff.

Lunch Meet

Thursday, March 19, 2015

Topic: Humane Society Silicon Valley Foster Care Program

Please join us at this month's Lunch Meet to hear the highlights of the Humane Society Silicon Valley (HSSV) foster care program. Representatives from HSSV will be here to fill us in on what it takes to become a hero for cats in our community!

As a foster volunteer, you will have the opportunity to open your heart and home to an adult cat that needs your love and attention. In the warmer months of the year, HSSV is inundated with tons of kittens, with limited adoption space available, and we would like to give our adult cats the possibility to take a staycation at home with you! All necessary supplies will be provided—all you need to provide is a warm lap and some companionship. Assistance is provided with care and transportation needs when necessary.

HSSV will bring cats to this Lunch Meet Program for you to meet and greet.

There is no fee to attend. Everyone is welcome. No pre-registration is required. We don't serve food; however, you may bring your lunch if you like.

FITNESS CENTER & NATATORIUM

The 3,000 square foot Fitness Center is equipped with cardio equipment, weight machines, free weights, core conditioning equipment, and a stretch area. There is something for everyone.

The Fitness Room is Open:

Monday - Friday, 7:00 am - 4:30 pm

Saturday, 9:00 - 11:30 am

The Women's Locker Room is Closed for Cleaning:

Monday - Friday, 2:00 - 2:30 pm












So that pool users may make an informed decision whether or not water temperature is suitable for their needs, there is one (1) thermometer in each pool.

Lap Pool: Water temperature ranges from: 81 - 84° F

Warm Water Pool: Water temperature ranges from: 90 - 94° F

Spa: Water temperature ranges from: 97 - 101° F

Natatorium Schedule—Swim/Walk Schedule for Lap Pool, Lane #1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am - 1:30 pm Walk 	7:00 am - 1:30 pm Swim 	7:00 - 10:00 am 11:00 am - 1:30 pm Walk 	7:00 am - 1:30 pm Swim 	7:00 - 10:00 am 11:00 am - 1:30 pm Walk 	9:00 - 11:30 am Swim 
3:00 - 3:30 pm Swim 	3:00 - 4:30 pm Walk 	3:00 - 4:30 pm Swim 	3:00 - 4:30 pm Walk 	3:00 - 4:30 pm Swim 	

The Lap Pool, Warm Water Pool and Spa are Closed for Cleaning: Monday - Friday, 1:30 - 3:00 pm

The Spa remains Closed for Cleaning: Wednesday, 1:30 - 4:30 pm

Open Lap Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am - 1:30 pm	7:00 am - 1:30 pm	7:00 - 10:00 am	7:00 am - 1:30 pm	7:00 - 10:00 am	9:00 - 11:30 am
		11:00 am - 1:30 pm		11:00 am - 1:30 pm	
3:00 - 4:30 pm	3:00 - 4:30 pm	3:00 - 4:30 pm	3:00 - 4:30 pm	3:00 - 4:30 pm	

Open Warm Water Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 - 9:00 am	7:00 - 9:00 am	7:00 - 9:00 am	7:00 - 9:00 am	7:00 - 9:00 am	9:00 - 11:30 am
12:30 - 1:30 pm	12:30 - 1:30 pm	12:30 - 1:30 pm	12:30 - 1:30 pm	12:30 - 1:30 pm	
3:00 - 4:30 pm		3:00 - 4:30 pm		3:00 - 4:30 pm	

Open Spa Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am - 1:30 pm	7:00 am - 1:30 pm	7:00 am - 1:30 pm	7:00 am - 1:30 pm	7:00 am - 1:30 pm	9:00 - 11:30 am
3:00 - 4:30 pm	3:00 - 4:30 pm	CLOSED	3:00 - 4:30 pm	3:00 - 4:30 pm	

Did You Know?



The State of California is the only state with a Senior Driver Ombudsman Program? There are four ombudsmen covering the state, with two located in Northern California.

The ombudsman represents the interest of public safety for all Californians and specializes in addressing the concerns of senior drivers.

Senior Driver Ombudsman Rosemary Robles spoke at a recent seminar here at the Senior Center. She is available to assist seniors with paperwork and works with each person on their unique concerns. Rosemary will talk with a driver about options available to assist in maintaining driving privileges as long as a senior is safe to do so. She provides tools to assist in improving or eliminating bad driving habits acquired over the years. The ombudsman will also let drivers know when it is time to give up the keys and provide options for transportation. The ombudsman explains Department of Motor Vehicles (DMV) rules and their importance to the safety of everyone.

The DMV ombudsman also offers hints to assist you in passing the DMV written and driving tests. She will explain how medical conditions can affect safe driving.

Rosemary is just a phone call or email away. She is there to work with you and not against you.

Rosemary's contact information:

Rosemary Robles
Community Outreach Senior Ombudsman
510-563-8998
Email: rosemary.robles@dmv.ca.gov



911 Cell Phones Available

The Federal Communications Commission (FCC) basic 911 rule requires wireless service providers to transmit all 911 calls to emergency services, regardless of whether the caller subscribes to the provider's service or not.

The Senior Center has a supply of donated cell phones available at no cost for emergency 911 calls. The phones are available for 911 emergency calls only. They are not linked to a wireless provider or call plan. All phones have been cleaned, refurbished, and come with a charger.

Stop by the Front Desk during business hours to pick-up an emergency 911 cell phone.

Mentoring Opportunities Available

Is physical activity a part of your weekly routine? Would you like to help other members of your community be more active and become more physically fit?

The City of Santa Clara's Senior Center is partnering with the Stanford Prevention Research Center's Healthy Aging Research group to promote successful aging through the Stanford COMPASS Study. Stanford University is looking for people to participate as health promoters, and partner with older adults to be more physically active. The COMPASS Study will last approximately 12 months, and has a flexible schedule. As a health promoter you will:

- Receive special training
- Advise 8 - 10 older adults
- Contact participants on a weekly basis to re-view their progress
- Participate in promoter meetings

For more information, please contact 650-723-9530 (toll free at 1-844-254-6777, select option 1) or visit www.healthyaging.stanford.edu.

Brought to you in partnership with Stanford University....



Stanford COMPASS Study



Thank You

The numbers are in!

The Santa Clara Senior Center's effort to host the Family Giving Tree's 2014 Holiday Wish Drive resulted in 115 gift contributions.

Thank you to all who donated!

In total, there were over 1,100 generous hosts. All our efforts collected and distributed 71,600 gifts to children from low-income families throughout the Bay Area.

By fulfilling these children's specific wishes, the City of Santa Clara's Senior Center spread joy to our neighbors and created lasting holiday memories.

We could not have done this without you!



TRS - Therapeutic Recreation Services

Providing Therapeutic Recreation Services for individuals with disabilities throughout the City of Santa Clara:

- Adult Social Club
Ages- 20+
Tuesdays 6 pm-8:30 pm
- CapAbilities Club
Ages- 40-60+
Wednesdays 5:30 pm-7:30 pm
- Children's Recreation
Ages- 4-12
Saturdays 9:30 am – 11:30 am
- Teen Club
Ages- 13-19
Thursdays 6 pm-8:30 pm
- The "Social-Lites" Club
Ages- 21+
Fridays 6 pm - 9 pm



For more information contact

Therapeutic Recreation Services Supervisor Adam Elix - 408-615-3169 **OR**

Therapeutic Recreation Coordinator Melissa Santos, CTRS - 408-615-3183

TRS - Therapeutic Recreation Services



Children's Recreation



For Youth With Disabilities Ages 4-12

This is a play program designed for children with disabilities including those with Autism Spectrum Disorders. The class includes music, games, arts and crafts, and movement activities.

Children should bring a snack to class each week.

Staff to Participant ratio is 1:5.



This program is designed to increase:

- Social Interaction Skills
- Creative Expression Skills
- Physical Development and Independence

Where: Community Recreation Center
969 Kiely Blvd.
Santa Clara, CA 95051

When: Saturdays
9:30 am - 11:30 am
8 week sessions

Therapeutic Recreation Swim Classes

For Youth and Adults With Disabilities Ages 4-12 / 13+

Swim classes are designed for persons with disabilities and focus on safety, water adjustment, health/wellness, fitness, relaxation, self-esteem, and enjoyment. Water safety is emphasized through adapted basic swim instruction and challenging water play/activities. Small group classes are structured to provide a positive, non-threatening environment. 1:2-5 Ratio provided.

This program is designed to increase:

- Water Safety Skills
- Health and Wellness
- Physical Development and Self-esteem

Where: Senior Center Natatorium (indoor swim facility)
1303 Fremont Street
Santa Clara, CA 95050

When:
COMING SUMMER 2015

REGISTRATION: For Registration information please contact:

Adam Elix— Therapeutic Recreation Services Supervisor
Phone: 408-615-3169
email: aelix@santaclaraca.gov

OR

Melissa Santos, CTRS - Therapeutic Recreation Coordinator
Phone: 408-615-3183
email: msantos@santaclaraca.gov